778 [199] The benefits derived from contact, direct or indirect, with saintly places are innumerable.

[342] [200] When the Ait Waryager are building ahouse they put a stone from a shrine inside the walls.

[204] The baraka of mosques is also used for various purposes.

[354] [205] Among the Ait Waryager a new lamp (rqandir) is taken to a mosque to be filled there with oil the first time so as to get the benefit of its baraka.

[208] The baraka of sacred words and passages of the Koran is very extensively used in the writing of charms. A written charm is called in Arabic herz (or horz; plur. hruz) or hejab (or hajab; plur. hjabat). In the Berber dialects there are berberised forms of these words, such as lharz (plur. lahruz) and lhejab (plur. lhejabat) in the Shelha of Tazerwalt, rahajab (plur. rahajabat) in the Rifian of the Ait Waryager, and rhaz (plur. rhruz) in that of the Ait Temsaman.

Charms are written for a variety of purposes—preventive, curative,
[789] or more positive purposes of some kind or other. The most precious of all purely preventive charms is the so-called t ebrid (by the Ait Waryager).

778 [211] Charms containing passages of the Koran are used as a pro-
755 tection against the jnun and the evil eye, and as a remedy for illnesses caused by the former or other illnesses.

Among the Ait Waryager, also, something from the Koran is written in a bowl or on a paper as a cure for illness; the writing must not be exposed to the sun, and when the scribe takes it to the patient he keeps it hidden under his cloak. Water is then poured over the writing, and the sick person drinks the water or his body is washed with it.

There are many charms written against particular illnesses or defects of some kind or other.

When [212] a pregnant woman does not give birth to the child in due time, or when a person suffers from stomach-ache, a herz is written on a writing-board or a bowl or plate, and water is poured over it and drunk as medicine (Tangier, Ait Waryager).

● [261] If a child is fond of eating earth a charm is written on a small loaf of bread and another one on a hard-boiled egg after the shell has been removed; the loaf and the egg are then given to the child to eat, with the result that it loses its taste for earth (Ait Waryager).

231 sheep, the shepherd takes his knife and puts it between his teeth; then the jackal will be no more able to bite the sheep than he himself is able to bite the knife (Andjra).

871 [600] Some schoolboy customs may also be mentioned in this connection. In order to learn their lessons more easily or to remember [261] [272] what they have learned the boys eat before breakfast potter's earth (sansal), which is supposed to produce these effects because they are in the habit of rubbing their writing-boards with it, after washing them, to make them white and clean (Tangier, Ait Waryager); or they drink the water with which they have washed the writing-boards, or knock the latter against their foreheads (Fez). The schoolboys sometimes steal the rope with which they are beaten by the fqi and throw it into a well, so as to cool the temper of the fqi as the water cools the rope (Ulad Bu'aziz); but if a boy steals the schoolmaster's whip he will become indocile (Ait Waryager). Schoolboys, however, are up to more [601] serious mischief. If the father or mother of a new-871 born child refuses to pay the schoolmaster money to give them a 754 holiday, they take a cruel revenge. They dig a little grave at the door of the house or at the entrance of the yard and bury in it an egg which they have stolen from the mother, reciting over it a chapter of the Koran as at an ordinary funeral; and it is believed that when the mother walks over the "grave" her child will die and she will ever after have an effusion of blood from her genitals (Andjra). Or the boys go to the entrance of the yard, break there a pen, and make "the reversed fatha" over the pieces with a view to killing the child (Ait Waryager).

789 Children's games are also in various cases supposed to cause events 857 which bear a certain resemblance to them. Sometimes the event is a desirable one. If children are playing with flags "the flag of the Prophet will be erect" — alam n-nbi waqaf, — that is, the Muhammadans will be powerful (Andjra, Ait Waryager). If little boys playfully ride on bamboo canes l-hair maji, "the good is coming" (Andjra), or the year will be good (Ait Waryager); it is the shiny appearance of the cane that accounts for this. In other cases children invite disaster by their plays. If they throw stones at each other there will be fighting (Andjra, Ait Waryager).

787 [603] If an animal or fowl dies at once when its throat is cut the days of its owner are numbered, whereas if it rises on its legs he will

7: Mikesell K-4,5 (1955-1957) 1961 MX3 Rif MX3
Jebala MX2
Senhaja MX4



tradition that rye could be grown on unclaimed land, beyond the reaches of ordinary agriculture.[5]

Hunger or plenty depends largely upon the success or failure of the cereal crop. Tree and garden crops supplement but never supplant the cereals. The most important secondary crops are from fruit and nut trees, which are especially numerous in the western part of the Rif. The most important are the olive, pomegranate, fig, and walnut. Apples and plums are grown by some of the highland tribesmen, who graft them on hawthorns. At lower elevations, especially on south-facing slopes, orange, peach, and apricot trees are occasionally seen.

Dried figs and raisins are second only to the cereals as staple foods. The importance of the trees is indicated by the complicated pattern of their ownership. On a given farm, all the trees may belong to an outside party, perhaps the former owner of the land who refused to relinquish title to his trees. One tree may be owned by several people in partnership, and sometimes different people own different branches, or claim parts of the crop on the ground. At one time the Rifians seem to have used grapes or other fruits to make fermented beverages, for Leo Africanus describes them as being "so excessively given to drink, that they scarcely reserve wherewithal to apparel themselves."[6]

Irrigated plots in the valleys of Wad Ghis and Wad Nkour produce broad beans, chickpeas, potatoes, onions, tomatoes, peppers, carrots, turnips, and squash. Add eggs, and an occasional feast of mutton or goat meat, and you have the main ingredients of the Rifian diet. In recent years fish have been brought in from Alhucemas to the principal rural markets. Fish are regarded as a delicacy, and are usually fried and eaten in the market place.

West of the Rif the dietary situation improves, but it becomes more hazardous toward the east. This distinction is based on the differences in precipitation and runoff. In the eastern lowlands, precipitation is too meager for vines and figs, and extensive irrigation is possible only in the valleys of Wad Kert and Wad Moulouya. The tribesmen of Garet suffer from acute want in any unusually dry year, and most adults remember at least one famine. Garet and Gal'aya are northern Morocco's main areas of emigration.

In the Sanhajan highlands and in most of Ghmara and Jbala, each hamlet has a reliable source of irrigation water. The main irrigated crops are maize, beans, and squash. The planting of beans between the rows of maize may indicate an unformulated appreciation of the value of pulses as restorers of the nitrogen content of the soil. Perhaps not; for the plants in this New World combination seem to have been introduced as one complex by Andalusian refugees.

In most of the central highlands, and especially in Sanhaja as-Srair, *kif*, or hemp (*Cannabis sativa*), is an important cash crop. It is grown under irrigation during the summer, and is usually planted and harvested at about the same time as maize. After it has been reaped, the stems of the plant are submerged in a stream and held down with stones. After two or three days of soaking, the fibers are separated and used to make cord, mats, and baskets.

Traveling from the central highlands toward the Atlantic lowlands, one notes

[5] C. S. Coon, "Tribes of the Rif," *Harvard African Studies*, 9 (1931), 47–48.

[6] Leo Africanus, *The History and Description of Africa* (London: Hakluyt Society, 1896), II, 516.